



September 10 2018 - June 26 2019

Exploring Dance

Ages 4-5 Monday 4:45-5:30pm

Ballet 1A & 1B

1A Ages 6-7 Monday 5:30-6:15pm

1B Ages 8-10 Thursday 5:00-6:00pm

Ballet III

Ages 10+ or instructor permission

Monday 6:15-7:45pm

Ballet III w/Pointe (must attend Monday class)

Ages 10+ or instructor permission

Thursday 6:00-7:30pm

Contemporary Dance I and II/III

Contemporary II/III Ages 10+ or instructor permission
Wednesday 6:00-7:00pm

Contemporary Ages 8-10
Wednesday 7:00-8:00pm

Barre Fusion

Teen/Adult Wednesday 5:15-6:00pm

45 min. class \$35

1hr. class \$40

1 1/2hr. class \$42

2 classes per week same student \$74

3 classes per week same student \$85

10% discount for same family second student discount

These are monthly - due first lesson of the month

Register:

<http://KaleidoscopeDanceAndMovement.studioware.online.com>



SHS Softball Clinics



Come out and join the girls SHS softball team. They will be running 3 clinics to help teach you the skills and techniques you need to be a great ball player.

Date: Saturday, March 23rd

S1: 9:00-11:00am (*Defense*)

S2: 11:00-1:00pm (*Pitching/Catching*)

S3: 1:00-3:00pm (*Hitting*)

Fee: \$25 per session

\$15 for more than one

Ages: 3rd-8th grade

Site: SHS Mini Dome

What to Bring:

Please bring water, cleats, tennis shoes, bat, glove, helmet and warm clothes for inside&outside.



PICKLEBALL

Adult drop-in pickleball. Similar to tennis but indoors with wood paddles and plastic ball. Great fun and exercise. Coed, all skill levels welcome.

Days:

Mon/Wed

Tues/Thurs

Sat

Times:

5:00-7:00pm

8:00-10:00am

9:00-12:00pm

Dates: August 29 - Ongoing

Fee: \$3.00 drop in

Site: Community Transit Center

GENTLE YOGA

Gentle Yoga offered by Melode Brewer, RYT, CES. These sessions are perfect for all levels. If you're interested in yoga this community class welcomes you. These sessions offer a gentle therapeutic approach, offering adaptations of movement to a variety of levels. You don't have to be a pretzel to benefit. Techniques will be shared to support those with limitations, inflammation, chronic pain and other health challenges. To promote well being on breath, move, relax. Chairs and mats are available.

More info: www.breatherelaxbreathe.com

Days: Tuesday's

Time: 10:00-11:30am

Dates: Sept. 4 - ongoing

Fee: \$48 for 4 classes

\$15 drop-in

Site: Shelton Civic Center



Evening Yoga for Resilience

The powerful medicine of yoga invites us to move, breathe, and relax. Pause from your daily doings and recenter; reconnect with yourself and learn ways to help maintain your calm.

Days: Wednesday Nights

Time: 6:00-7:15pm

Session 1 Dates: Feb. 6, 13, 20, 27

Session 2 Dates: March 6, 13, 20, 27

Fee: \$48 per session

**No drop ins*

Site: Shelton Civic Center

**** Dress comfortably, bring mat, blanket and water**

SHELTON PARKS AND RECREATION

IN COOPERATION WITH
SHELTON METROPOLITAN
DISTRICT

SPRING PROGRAMS 2019



Shelton Parks & Recreation
Shelton Civic Center
525 W Cota St
Shelton, WA 98584



Register Online Now!!

Register Online Now:

<http://register.capturepoint.com/CityofShelton>



KIMUDO

Instructor: Sean Carney
Site: Shelton Civic Center

A Korean martial art that primarily incorporates elements of Tae Kwon Do, Hapkido, and Judo. KiMudo is designed to be practical, versatile, and effective at a variety of different ranges and in a variety of different situations. The Tae Kwon Do - derived kicks and strikes provide excellent power at medium and long range, while throws, locks, chokes and joint manipulation of Judo and Hapkido allow for effective close range fighting and grappling. KiMudo is a living, growing martial art that continues to expand and change.

In addition to the core elements of Tae Kwon Do, Judo and Hapkido, KiMudo also includes techniques from Jujitsu, karate, boxing, wrestling, traditional weapons from Okinawa and the Philippines, any many other arts and styles. KiMudo is more than just an effective system of self defense; it is a martial art that encourages students to realize their own potential, both physically, mentally and spiritually.

<http://www.kimudo.com>
emeraldFlyingdragons@yahoo.com

Ages: 6 and older
Days/Times: Mon/Thurs
Beginners: 6:00-6:50pm
Intermediate: 7:00-7:50pm
Dates: Ongoing
Fee:
\$40 monthly 1st participant
\$10 each second session
\$30 monthly 2nd participant
\$25 monthly 3rd and more
Min/Max: 7/15



KIDZ LOVE SOCCER



Mommy/Daddy & Me (ages 2 - 3 1/2)

Introduce your toddler to the world's most popular sport! As you participate together in our fun age-appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me soccer parents are a part of the action!

Tot/Pre-Soccer (ages 3 1/2 - 5)

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game; all while building self-esteem and learning to follow instructions in a nurturing teaching environment. Shin guards are required after the first meeting.

Soccer 1: Techniques & Teamwork (ages 5-6)

Players will learn dribbling, passing, receiving, shooting and defense. Fun skill games are played at every session, and every participant will have a ball at his/her feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. Shin guards are required after the first meeting.

Soccer 2: Skillz & Scrimmages (ages 7-10)

Kidz will enjoy advanced skill building: dribbling, passing, receiving, shooting, etc. in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All skill levels are welcome to come enjoy the world's most popular sport! Shin guards are required.

Session 1: 3/20 - 4/17

Session 2: 5/1 - 5/29

Days: Wednesdays

Times:

Soccer 2: 4:00-4:45pm

Soccer 1: 4:45-5:30pm

Tot/Pre Soccer: 5:30-6:05pm

Mommy/Daddy & Me: 6:15-6:45pm

Fee: \$47

Site: Kneeland Park



ADULT COED 6V6 DODGEBALL LEAGUE



Shelton Parks and Recreation is now taking registration for the **NEW** upcoming adult coed dodgeball league. **The league is limited to 12 teams.**

Deadlines and Important Dates

Registration Deadline

Friday, February 15 by 5:00pm

Schedules/Manager Meeting

Tuesday, February 26 at 6:00pm

Fee: \$300 per team

Play Begins: March 4

ADULT BASKETBALL LEAGUE

Shelton Parks and Recreation is now taking registration for the upcoming adult (18 and over) basketball season. **The league is limited to 12 teams.**

Deadlines and important dates are as follows:

Registration Deadline

Friday, February 15 by 5:00pm

Schedules/Manager Meeting

Wednesday, February 27 at 6:00pm

Fee: \$650 per team

Play Begins: March 5



Shelton Arts Commission's Empty Bowls

There are "Empty Bowls" throughout the world and it is possible to do something positive about stopping hunger! Create, play, and eat with friends and support your neighbors in need. You will be able to unleash your creative side by building a unique ceramic bowl to keep. All supplies provided by Shelton Arts Commission. Open to everyone, all ages welcome!



EMPTY BOWLS DATES TO REMEMBER

March 6th 5-7pm *Create a bowl.*

Come create bowls at the Shelton Civic Center.

March 13th 5-7pm *Glaze your bowl.*

Come glaze (decorate) bowls at the Shelton Civic Center

March 20th 5-7pm *Soup & Bread at the Shelton Civic Center.* Make a donation of \$10, for a bowl to keep and have soup and bread from one of the participating restaurants.

Can't make all three don't worry, there will be extra bowls at each step.

Adult Coed Softball



Team Registration Due:

Friday, May 24 by 5:00pm

Registration information, fees, and rules available

March 8

Play Begins: June 10

Need a team? Call to be placed on the extra players list